

# Healthy Parks, Healthy People

Angela Pease, Maryland Department of Natural Resources

Laura Patrick, RN, Caroline County Health Department



## Healthy Parks Healthy People A Collaboration of Many



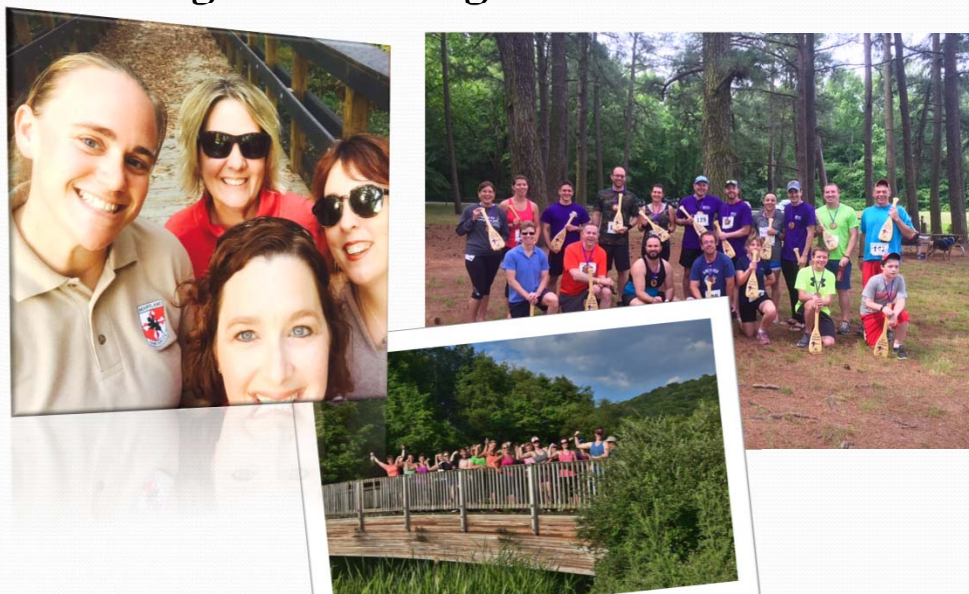


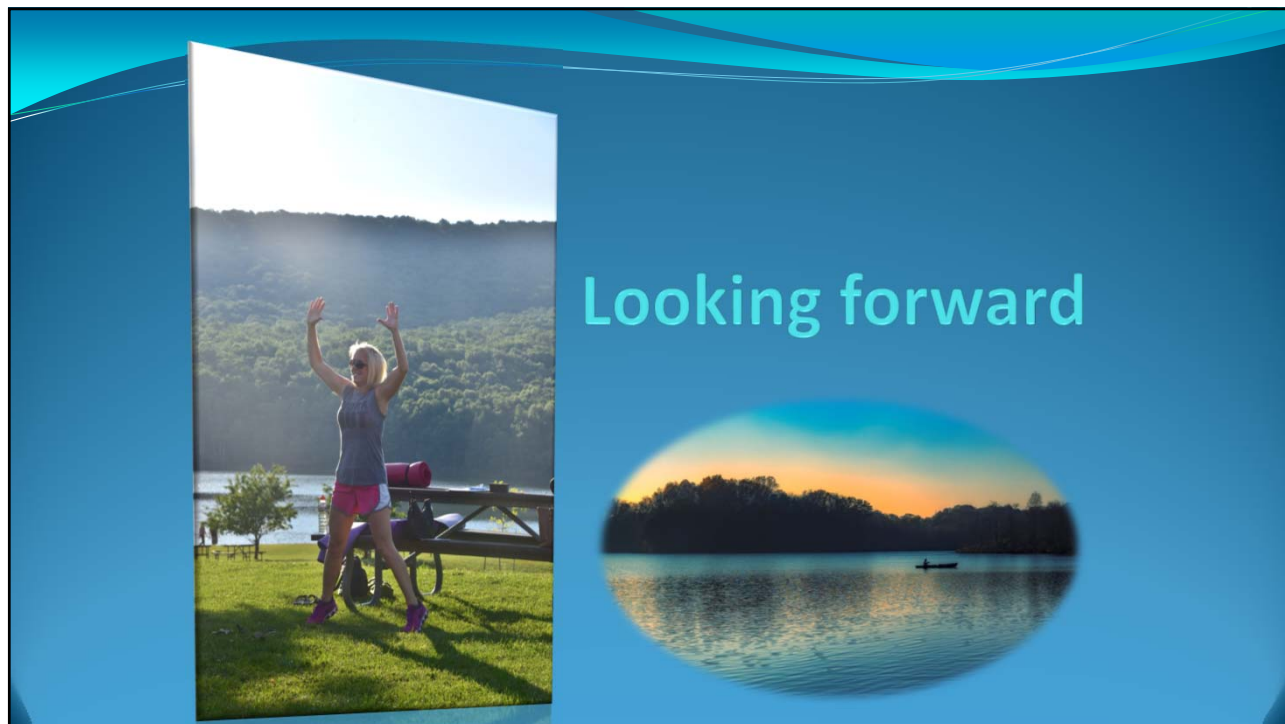


# Grant Deliverables-Print Material



## Program Tracking and Evaluation







## Questions?

Contact Information: Angela Pease  
Maryland Park Service Interpretive Planner

[Angela.Pease@maryland.gov](mailto:Angela.Pease@maryland.gov)

410-260-8150



## HEALTHY PARKS, HEALTHY PEOPLE

Local State Parks & FQHC-Choptank Community Health System-  
Denton Maryland



CAROLINE COUNTY  
HEALTH DEPARTMENT  
Caring for Caroline



## Getting Started: Our Story

1. Our local Park Ranger-Jessica stopped into our Wellness Office for work with our tobacco cessation program
2. Maryland DHMH had asked local 1422 Coordinator's to look at places our community members could walk

WIN-WIN Situation😊

11

## Getting Started: Our Story

3. Kayla Zalcgendler-DHMH put Laura local 1422 Coordinator in touch with Meghan Ames-DHMH on Healthy Parks/Healthy People
4. Jessica with our local Martinak and Tuckahoe State Parks very interested in program and was in contact with Angie at DNR at State
5. First meeting of all parties held July 20th 2016

THE BEGINNING OF A GREAT PROGRAM  
STARTED!!!!!!

12

## First Partner Meeting – July 20, 2016



- Met at Martinak State Park
- Partners present
  - Department of Natural Resources
  - Martinak State Park
  - Caroline County Health Department
  - Maryland Department of Health

### Agenda items

1. Welcome and Introductions
2. Healthy Parks, Healthy People Overview
3. Opportunities in Caroline County
4. Roles, Responsibilities, and Work Plan
5. Wrap-up and Next Steps

13

## Meeting Local FQHC



- Local Health Department very fortunate to have a very good working relationship with our FQHC: Choptank Community Health System
  - Choptank receives funding from our I422 grant to work on EHR software to identify patients who are pre-diabetic and pre-hypertensive.
- Appointment was made with Susan Johnson, VP of Quality and Population Health in August, 2016.
  - Susan felt that local provider's would be in great favor of the program since they wanted their patients to engage in more physical activity.

14

## Partner Conference Call – Sep. 7, 2016

### Agenda:

1. Call with FQHC-Laura
2. Brochure development-Angie and Laura
3. Print Material-Poster's-Angie
4. Budget-Meghan
5. Intern-Jessica

### Results of Call

- Laura to work with FQHC-Choptank on date for Kick-Off event
- Angie to have graphic designer add Martinak and Tuckahoe State Parks to brochure and poster's
- Meghan checking on cost of food for event
- Jessica to hire new intern to start planning events for HPHP program

15

## Tuckahoe & Martinak State Parks November 2016 Healthy Parks, Healthy People

**Tails & Trails Dog Walk**  
4:00 p.m. - 4:40 p.m.  
A casual hike for dogs and dog enthusiasts. Meet at Tuckahoe's Lore of the Land Trail between the campground loops.

**Sunset Trail Traverse**  
4:00 p.m. - 4:30 p.m.  
Enjoy the fall sunset during this brisk, 30 minute, Ranger-led walk. Meet at the park office on Eveland Road.

**Family/Youth Activities**  
**Family Fitness**  
11/4, 11/17, 11/22  
10:00 a.m. - 11:00 a.m.  
4:00 p.m. - 5:00 p.m.  
11/5  
11:00 a.m. - 12:00 p.m.  
Fun activities and games that will get the whole family outdoors and moving! Meet at the boathouse at Tuckahoe's Lake Area.  
**Trail Tykes**  
11/10, 11/17  
10:00 a.m. - 11:00 a.m.  
A park naturalist will host story time and a relaxed hike for children. Meet at Martinak State Park's Nature Center.  
**Cardio Kickball**  
11/6  
1:00 p.m. - 2:00 p.m.  
11/15  
4:00 p.m. - 5:00 p.m.  
Individuals and families welcome. Meet at Tuckahoe's ball field between the campground loops.  
**Hula Hoop Fitness**  
11/29  
4:00 p.m. - 5:00 p.m.  
Families and individuals of all ages welcome! Bring your own hula hoop or borrow one of ours. Meet at the boathouse in Tuckahoe's Lake Area.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**Senior Stroll**  
9:00 a.m. - 9:40 a.m.  
Ages 55+ can enjoy the crisp air and fall foliage while walking along an easy terrain, packed and level trail. Meet at the park office on Eveland Road.

**Turkey Trot**  
11/19  
9:00 a.m. - 12:00 p.m.  
Two mile family run/walk. Meet at Denton Elementary School (303 Sharp Road, Denton MD 21629).

### Special Events

**#OptOutside Events**  
11/25  
Keep an eye out for a separate flyer. Skip the shopping! Various activities will be offered throughout the day at Tuckahoe and Martinak!



For more information about any of our programs please call the park office at 410-820-1668 or email Heather.McCarthy@maryland.gov

16





Fri 11.4  
 Sat 11.5  
 Sun 11.6

## Tuckahoe State Park Events

### Self-Guided Activities

**Stop by the Aviary** Did you know that Tuckahoe State Park is a part of the statewide Scales & Tales program? Visit our Aviary located next to the park office on Eveland Road to view our birds of prey. These Maryland native birds are non-releasable and now help to promote appreciation of wildlife.

**Play Disc Golf** Check out our 18-hole disc golf course located between the campground loops. Fun for all ages! Discs are available for purchase at the park office.





**Weather Forecast**

Friday  
62° Sunny

Saturday  
60° Sunny

Sunday  
63° Sunny



We are very excited to begin our **Healthy Parks, Healthy People** program series this week!

Our beautiful parks provide us with the perfect backdrop to get outside and get active. We welcome people of all ages, backgrounds, and experience levels!

**Family Fitness**

**Friday**  
10:00 a.m. - 11:00 a.m.  
4:00 p.m. - 5:00 p.m.

**Saturday**  
11:00 a.m. - 12:00 p.m.

Fun activities and games that will get the whole family outdoors and moving! Meet at the boathouse at Tuckahoe's Lake Area.

**Cardio Kickball**

**Sunday**  
1:00 p.m. - 2:00 p.m.

Individuals and families welcome. Learn the basics of kickball and then play a game or two! Meet at Tuckahoe's ball field between the campground loops.

Have an idea for a program you would like to see offered at our Park? Email [Heather.McCarthy@Maryland.gov](mailto:Heather.McCarthy@Maryland.gov)

**Other Local Events**

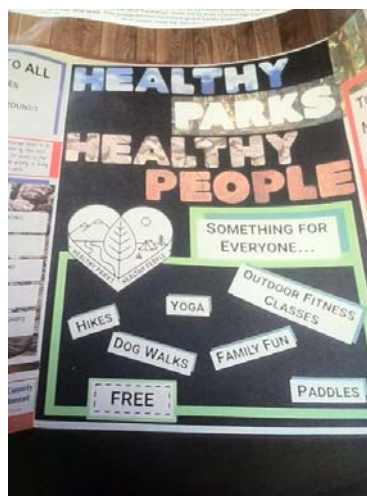
**Annual Classic Car Show**  
East Main Street, Stevensville  
Saturday 9 a.m. - 2 p.m.  
Free event! Cars, music, food, and more!  
410-758-2502

**The Invention of Nature: Alexander von Humboldt's New World**  
Book Signing  
Adkins Arboretum, 13610 Eveland Road, Ridgely  
Saturday 4 p.m. - 6 p.m.  
\$15 entry. Contact 410-634-2847

Have you heard about our sister park? **Martinsink State Park** is located only 20 minutes east of Tuckahoe on Route 455 in Denton.

17

## Work With Local High School



- Caroline County Health Department also included High School Occupational Health Students in our HPHP work.
- Students made a display board to put up at the park and worked on a bulletin board at the park, which was completed in Nov., 2016.

18

## Work with FQHC-CCHS Continues

- Susan Johnson verified that CMO of CCHS Dr. Moss approved-December 2016
- Choptank getting new EHR software and working on incorporating HPHP program into referral system
- Date picked for Kick-Off Event April 19th 2017-Tuckahoe Park
- Work plan until Kick-Off in April
- Laura to get invitations printed
- Jessica and Heather (intern) to plan activities for the Launch and for activities to start now at the Park-See next slide for December calendar made by Heather
- Angie to print posters for Kick-Off Event
- Meghan to coordinate all conference calls and meeting



Goal: Increase those using parks

19

**HEALTHY PARKS,  
HEALTHY PEOPLE**

Healthy Parks, Healthy People is launching in Martinak and Tuckahoe State Parks.

Medical providers are invited to come experience first-hand how this program can help your patients improve their health and well-being in Maryland's great outdoors.

Wednesday, April 19th 2017  
11am-1pm  
Tuckahoe State Park Lake Pavilion  
13187 Crouse Mill Rd. Queen Anne, Md  
Light snacks included

Attendees will be invited to join in brief activity demonstrations, such as yoga, hiking, or paddling.

Learn more at: <http://dnr.maryland.gov/publiclands/Pages/healthyparks.aspx>

20

**Trail Tykes**  
10:00 a.m. - 11:00 a.m.  
A park naturalist will host story time and a relaxed hike for children. Themes will change weekly. Meet at Martinak State Park's Nature Center.

**Senior Stroll**  
9:00 a.m. - 9:40 a.m.  
Ages 55+ can enjoy the crisp air while walking along an easy terrain, packed and level trail. Meet at the park office on Eveland Road.

**Holiday Recipe Discussion**  
10:00 a.m. - 11:00 a.m.  
A park naturalist will present some simple ways to make your favorite holiday dishes a little healthier! Samples will be provided. Feel free to bring your own recipes to swap! Meet at Martinak State Park's Nature Center.

**Tails & Trails Dog Walk**  
4:00 p.m. - 4:30 p.m.  
A casual hike for dogs and dog enthusiasts. Meet at Tuckahoe's Lake Area at the start of the Fitness Trail.

**Santa's Magic Workshop at Martinak State Park**  
Saturday 12/10, Friday & Saturday 12/16, 12/17  
4:00 p.m. - 7:00 p.m.  
Come visit Santa, take a hayride through our Enchanted Campground, make and take holiday ornaments, and more! Finish off the evening with some tasty cocoa and cookies.  
**Admission is one canned good for our local food pantries.**  
\*Event in partnership with Caroline County Recreation and Parks.

## Tuckahoe & Martinak State Parks

### Healthy Parks, Healthy People

## December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**3rd Annual Santa Chase at Martinak State Park**  
Sunday 12/18  
Registration 3:30 p.m. - 4:30 p.m. / Race Starts 4:45 p.m.  
Two-mile run, walk, or jog. Candle luminaries and Christmas lights mark the path. Costume challenge judged by Santa himself. Event hosted by Caroline County Recreation and Parks in partnership with Lions International Clubs from the Midshore. Net proceeds benefit Lion's Vision Charities.  
\$15 per participant before 12/5; \$20 on or after 12/5 | \$50 per Group of 4 - advance registration only  
\$20 per participant with dog; \$25 on or after 12/5

For more information about any of our programs please call the park office at 410-820-1668 or email Heather McCarthy@maryland.gov

21

**JANUARY 2017**

**FIRST DAY GROUP HIKE**  
Tuckahoe State Park  
1:00 p.m. - Meet at the Lake Area. Hike length will vary based on hiker preference. Warm beverages will be provided. Pets encouraged!

**FIRST DAY SIP AND STROLL**  
Wye Island NRMA  
1:00 p.m. - Meet at the Schoolhouse Nature Trail for a 1.5-mile hike. Warm beverages will be provided.

**SENIOR STROLL**  
Tuckahoe State Park  
9:00 a.m. - 9:40 a.m.  
Ages 55+ can enjoy the crisp air while walking along an easy terrain, packed and level trail. Meet at the park office on Eveland Road.

**TRAIL TYKES**  
Martinak State Park  
10:00 a.m. - 11:00 a.m.  
A park naturalist will host indoor storytime followed by a relaxed hike for children. Themes change weekly! Meet at the Nature Center.

**TUESDAY TAILS & TRAILS DOG WALK**  
Tuckahoe State Park  
4:00 p.m. - 4:40 p.m.  
A casual hike for dogs and dog enthusiasts. Meet at the start of the Fitness Trail in the Lake Area.

## TUCKAHOE & MARTINAK STATE PARKS

### HEALTHY PARKS, HEALTHY PEOPLE

## FREE PUBLIC PROGRAMS

**New Year's Day Sunday 01/01**  
Hikes are FREE and open to the public. All ages and all skill levels welcomed.

**Meeting Dates**  
Monday 01/02, 01/23  
Thursday 01/19

**Meeting Dates**  
Friday 01/06, 01/20, 01/27  
Thursday 01/12

**Meeting Dates**  
Monday 01/02, 01/23  
Thursday 01/19

**Meeting Dates**  
Monday 01/10, 01/17, 01/24, 01/31

For more information about any of our programs please call the park office at 410-820-1668 or email Heather McCarthy@maryland.gov

Jessica and Heather doing Great job at planning activities at the Parks!

22



**FEBRUARY 2017**

♥ Tuckahoe & Martinak State Parks  
Healthy Parks, Healthy People  
Free Public Programs

**Weekly Programs**

**TAILS & TRAILS DOG WALK**  
Tuckahoe State Park | Martinak State Park  
Every Tuesday | Every Friday  
4:00 p.m. - 4:30 p.m. | 11:00 a.m. - 11:30 a.m.  
A casual hike for dogs and dog enthusiasts. Tuckahoe: Meet at the start of the Fitness Trail in the Lake Area. Martinak: Meet at the Nature Center.

**SENIOR STROLL**  
Tuckahoe State Park | Martinak State Park  
Every Thursday | Every Thursday (starting 2/16)  
9:00 a.m. - 9:30 a.m. | 8:00 a.m. - 8:30 a.m.  
Ages 55+ can enjoy the crisp air while walking along easy terrain, a packed and level trail. Tuckahoe: Meet at the park office on Eveland Road. Martinak: Meet at the Nature Center.

**TRAIL TYKES**  
Martinak State Park  
Every Friday  
10:00 a.m. - 11:00 a.m.  
A park naturalist will host indoor storytime followed by a relaxed hike for children. Themes change weekly! Meet at the Nature Center.

**Valentine's Day Hikes**  
Sunday 2/12

**Singles Dog Walk**  
Martinak State Park  
1:00 p.m.  
Enjoy a guided hike and maybe meet someone new! Meet our staff at the boat ramp. Refreshments provided after the hike.

**Couples Hike**  
Tuckahoe State Park  
3:00 p.m.  
Bring your valentine! Meet at the Lake Area pavilion. Sweet treats and hot beverages provided!

For more information about any of our programs please call the park office at 410-820-1648 or email Tuckahoe.StatePark@maryland.gov

23

## Caroline County FQHC Quick Facts

- Choptank Community Health System, Inc.
- 7 Health Center Site Locations
- 9 School-Based Health Centers
- 32 School-Based Dental Sites
- 4 Migrant Health Sites
- Serving 26,504 Patients
- 17% Uninsured
- 40% Medicaid
- 7% Medicare
- Employing 150 Staff Members

24

## Collaboration with CCHS for April Launch of Healthy Parks, Healthy People

- Well-centive Software having some delays but CCHS provider's want to move forward
- Monthly calls with CCHS
- Susan Johnson has 10 staff from CCHS to attend April 19th Launch



25

## Planning for the Kick-Off Event

- March conference call to finalize agenda
- Invitation list finalized and invitations mailed out
- Funding for food secured from Friends of Martinak Group Foundation

	
<p>Healthy Parks, Healthy People Official Launch Event April 19<sup>th</sup> 2017 11:00 AM – 1:00 PM <b>Program</b></p>	
11:00 am	Guest arrival and light lunch
11:20 am	Welcome
	<i>Ms. Meghan Ames, Maryland DHMH</i>
	Healthy Parks Healthy People Background
	<i>Ms. Angela Pease, Maryland DNR</i>
11:30 am	Ribbon Cutting Ceremony
12:00 pm	Role of the Healthcare Provider <i>Laura Patrick RN, MS,</i> <i>Caroline County Health Department</i>
12:15 pm	Park Activities
	<i>Mrs. Jessica Conley, Park Ranger</i>
12:30 pm	Break-Out Groups: Activity Demonstrations

26

## Healthy Parks, Healthy People Kick-Off Event – April 19, 2017



27



Angie and Laura Presenting at April 19th 2017 Launch Healthy Parks/Healthy People

**Kick-Off Event –  
April 19, 2017**

28





Choptank Community Health staff talking with Martinak Friends Foundation President about all the park has to offer

**Kick-Off Event –  
April 19, 2017**

29

## Where we are today with HPHP

A lot of advertising has been done for the program. Please see our Big banner we brought with us today and please take a brochure that we just had printed.



**HEALTHY PARKS,  
HEALTHY PEOPLE**

Referral Form to Enroll in Program

**Patient Name** \_\_\_\_\_

*The patient is being referred to the Healthy Parks, Healthy People program.*

**Physician Signature** \_\_\_\_\_

**Date :** \_\_\_\_\_

Local Parks participating:

Martinak State Park  
410-820-1668

Tuckahoe State Park  
410-820-1668

Harriet Tubman Underground Railroad National Park  
410-221-2290

30

## Laura's Contact Information



*Laura Patrick RN, MS  
Chronic Disease Coordinator*

*403 S. 7<sup>th</sup> Street  
Denton, MD 21629  
Phone: 410-479-8080  
Fax: 410-479-2014  
E-mail:  
[laura.patrick@maryland.gov](mailto:laura.patrick@maryland.gov)*